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# TC 760

**NOTICE D'UTILISATION**

**OPERATING INSTRUCTIONS**

**MODO DE EMPLEO**

**GEBRAUCHSANWEISUNG**

**ISTRUZIONI PER L'USO**

**GEBRUIKSHANDLEIDING**

**MANUAL DE UTILIZAÇÃO**

**INSTRUKCJA UŻYTKOWANIA**

**HASZNÁLATI ÚTMUTATÓ**

**Инструкция по использованию**

**使用说明书**

DOMYOS

Réalisation : EVOLUTION + 32 / 69 250 500

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# TC 760

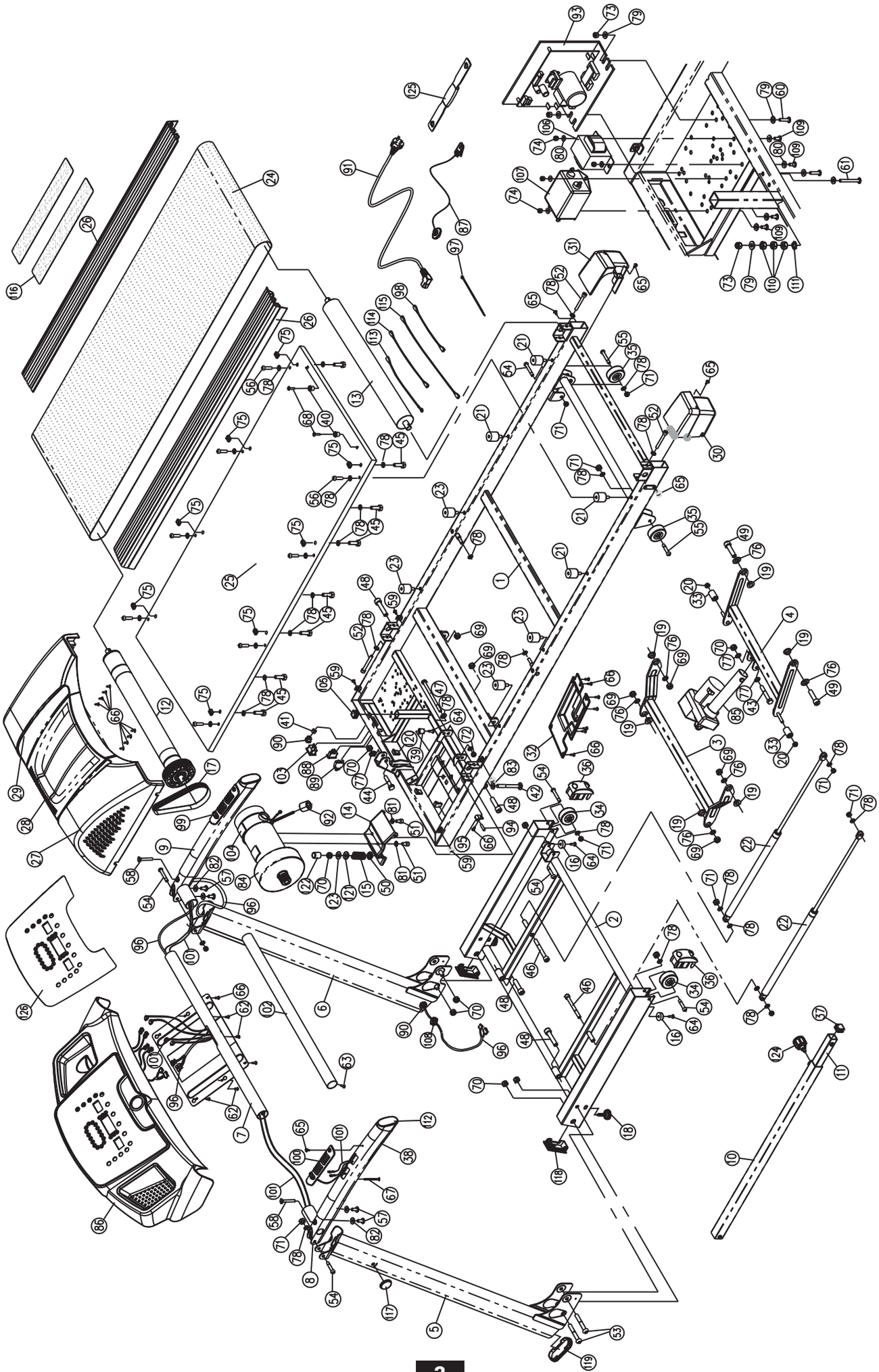
Notice à conserver
Keep these instructions
Bitte bewahren Sie diese Hinweise auf
Istruzioni da conservare
Conservar instrucciones
Bewaar deze handleiding
Instruções a conservar
Zachowaj instrukcję
Őrizze meg a használati útmutatót
Сохранить инструкцию
请妥善保存说明书

Réalisation : EVOLUTION + 32 / 69 250 500

DOMYOS

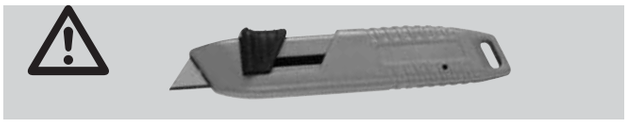
decathlon creation©

DECATHLON - 4, Boulevard de Mons - 59665 Villeneuve d'Ascq - France
www.decathlon.com Made in Taiwan - Hecho en Taiwan - Произведено в Таиланде - 制造台湾
Réf. pack : 1039.072 - CNPJ : 02.314.041/0001-88合格品



STADIUM
TC - 760
SAFETY KEY

# MONTAGE • ASSEMBLY • MONTAJE • MONTAGE • MONTAGGIO • AFWERKING • MONTAGEM • MONTAŻ • SZERELÉS • Сборка • 安装



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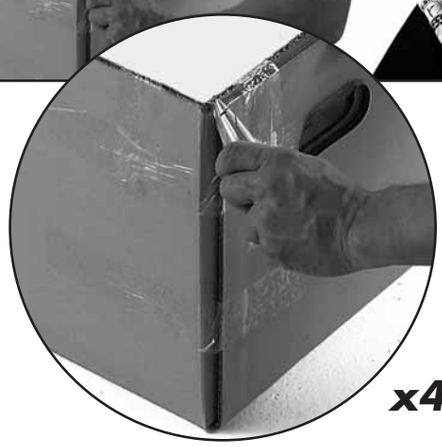
**1**b

**1**c

**1**d



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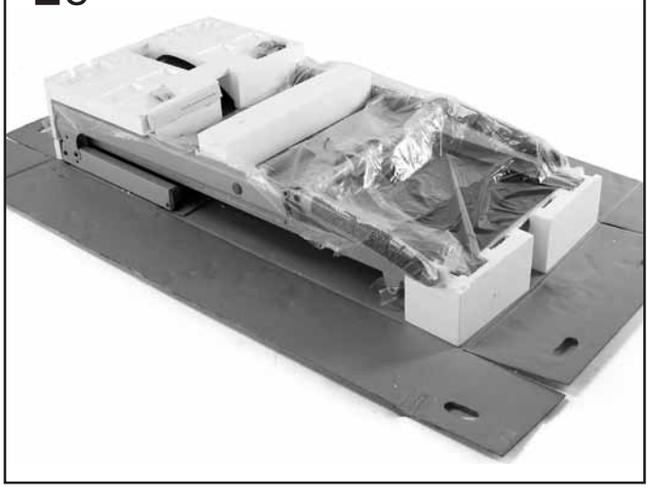
**1**e



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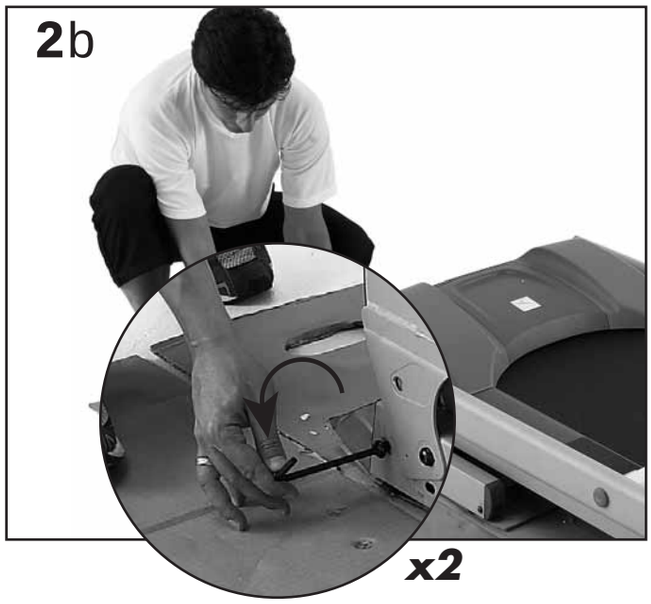

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**2**c

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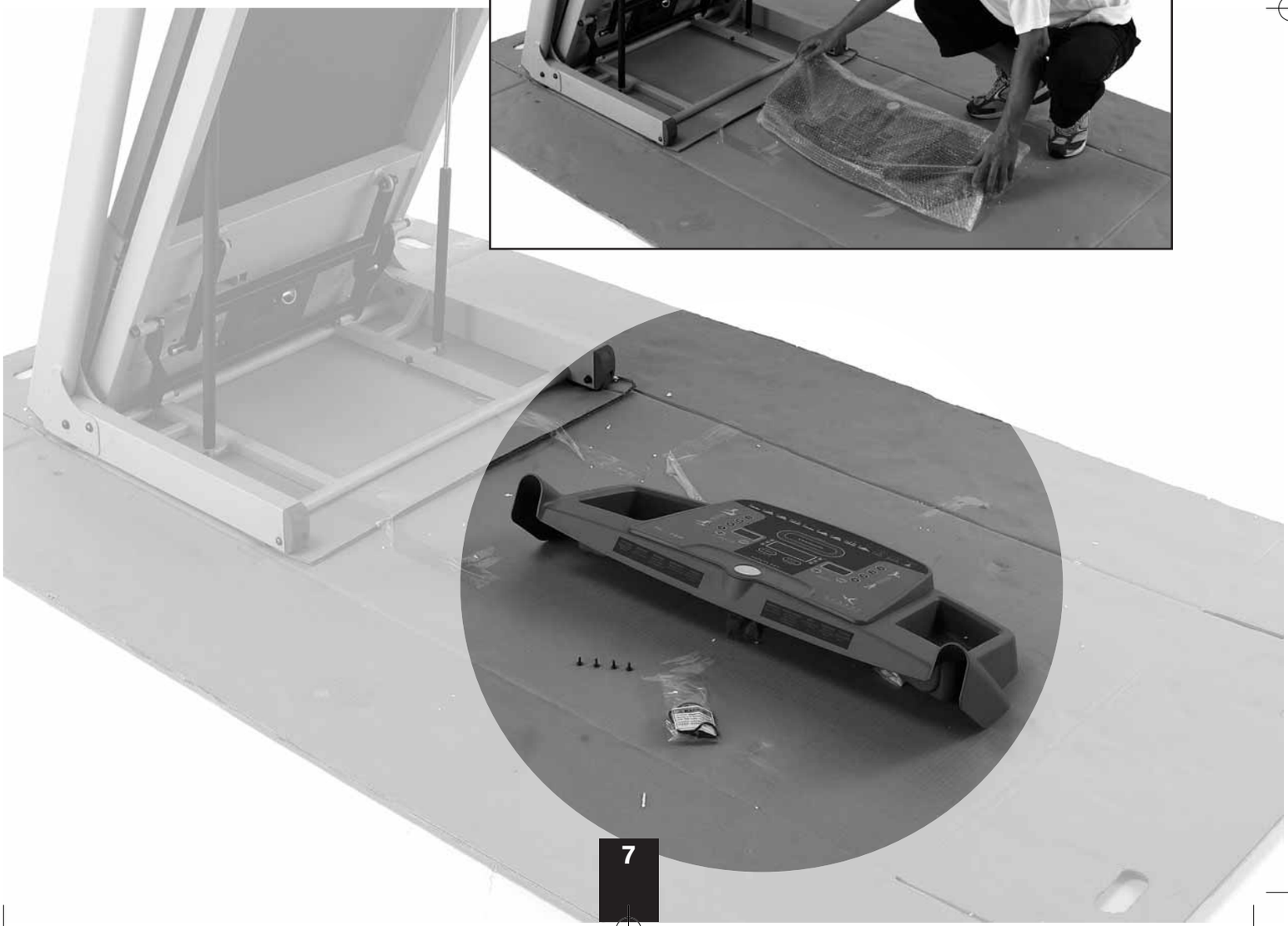
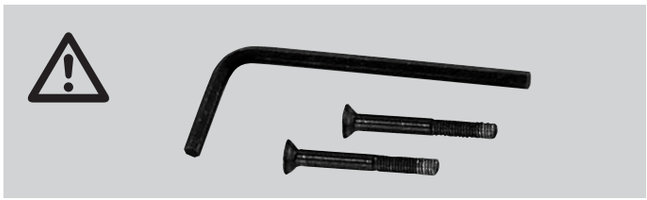
x2





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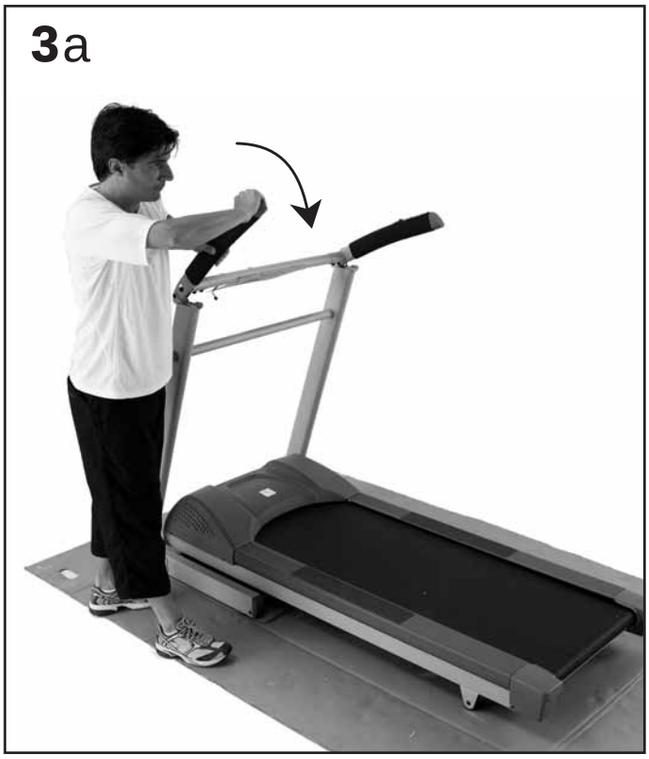

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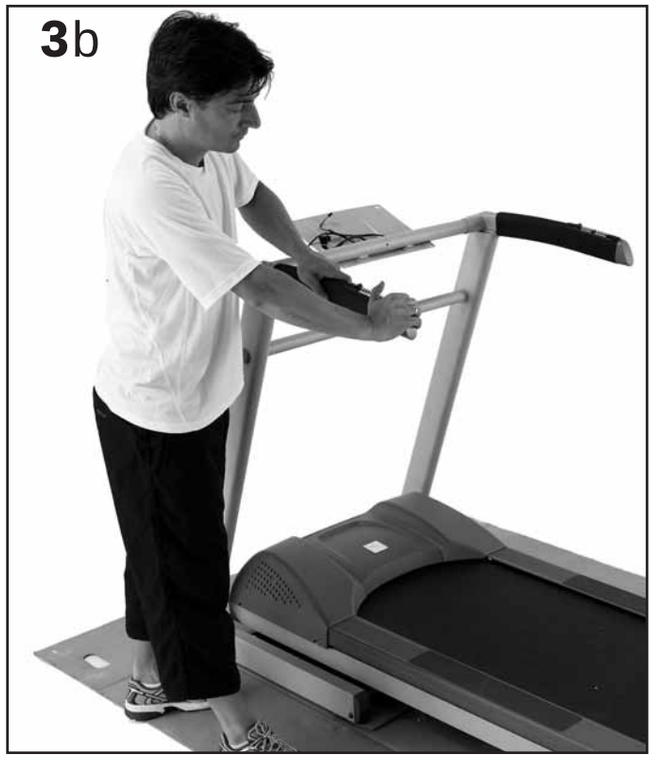

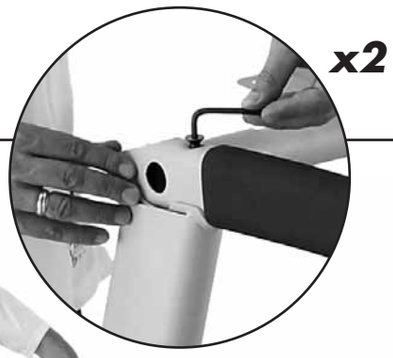


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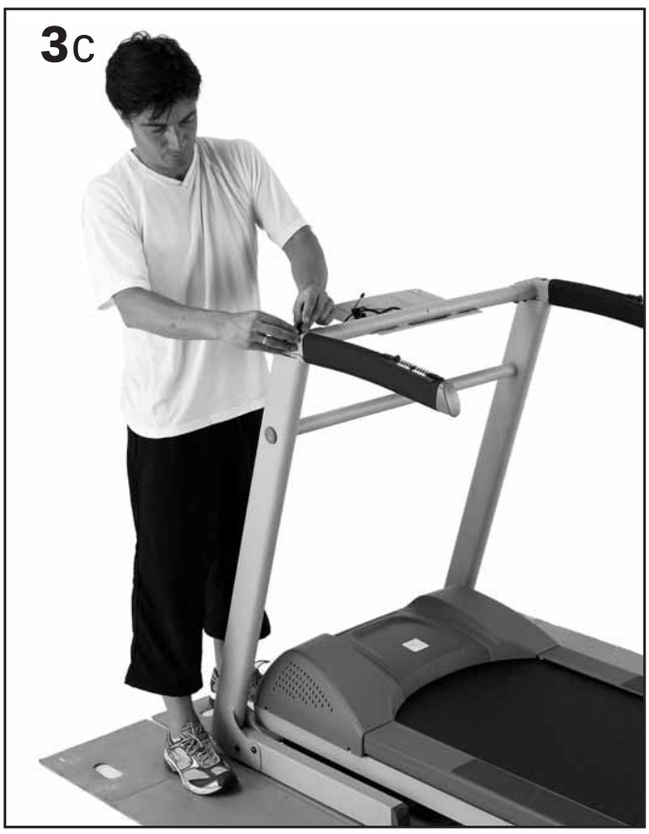

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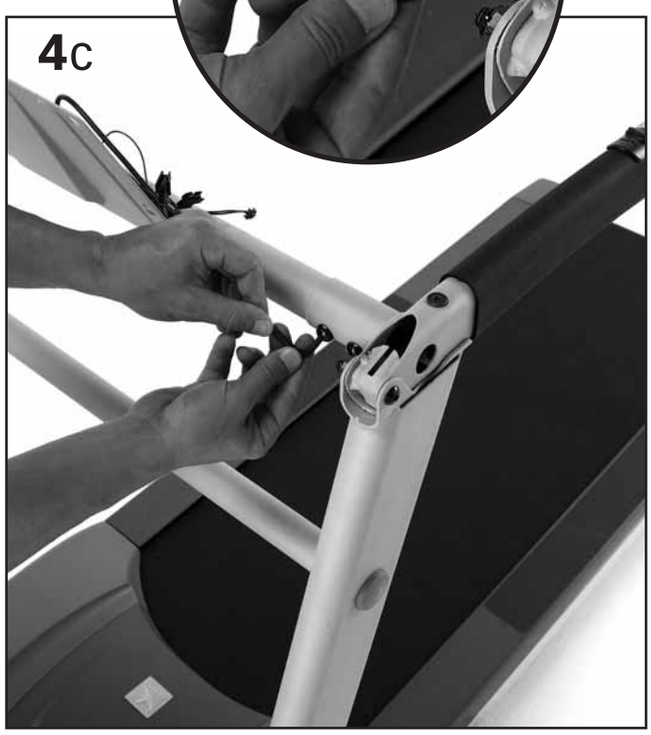
x4



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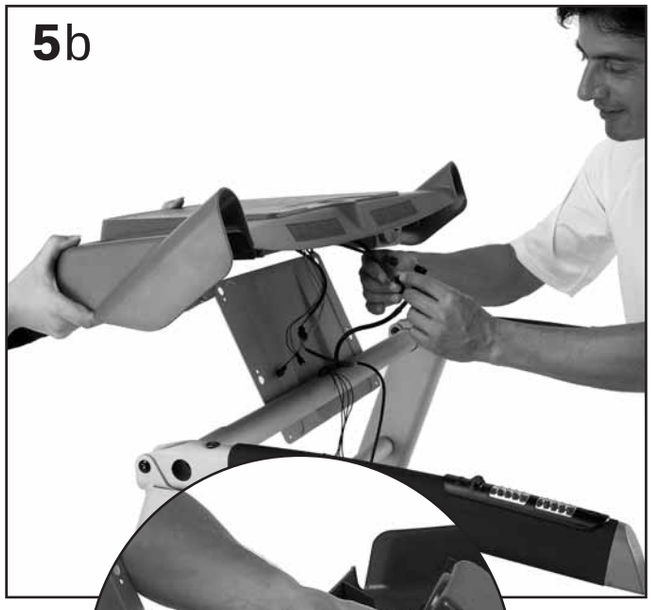
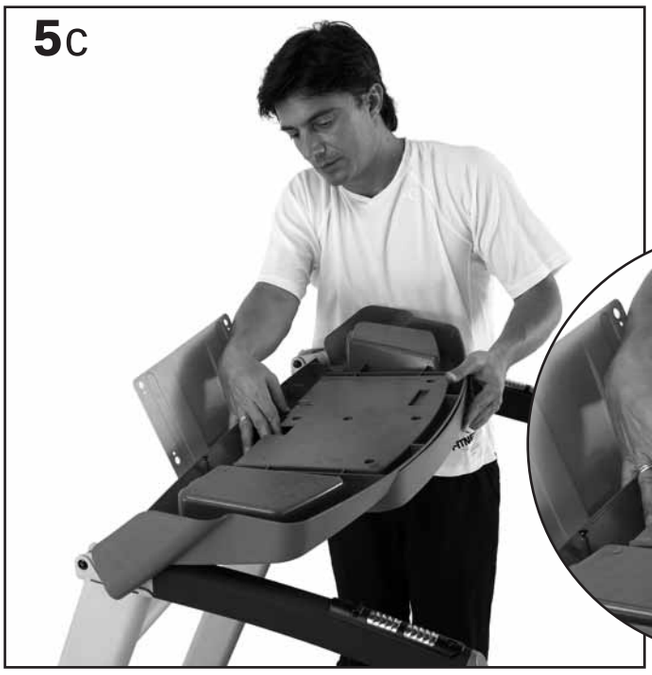
**5**b



***CLIC !***
***x6***

**5**c



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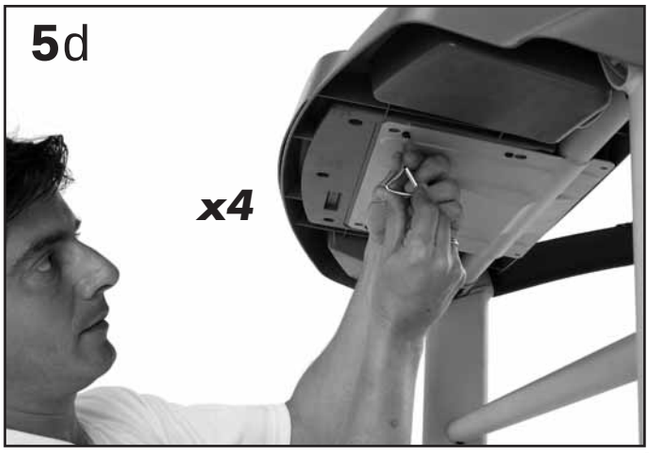
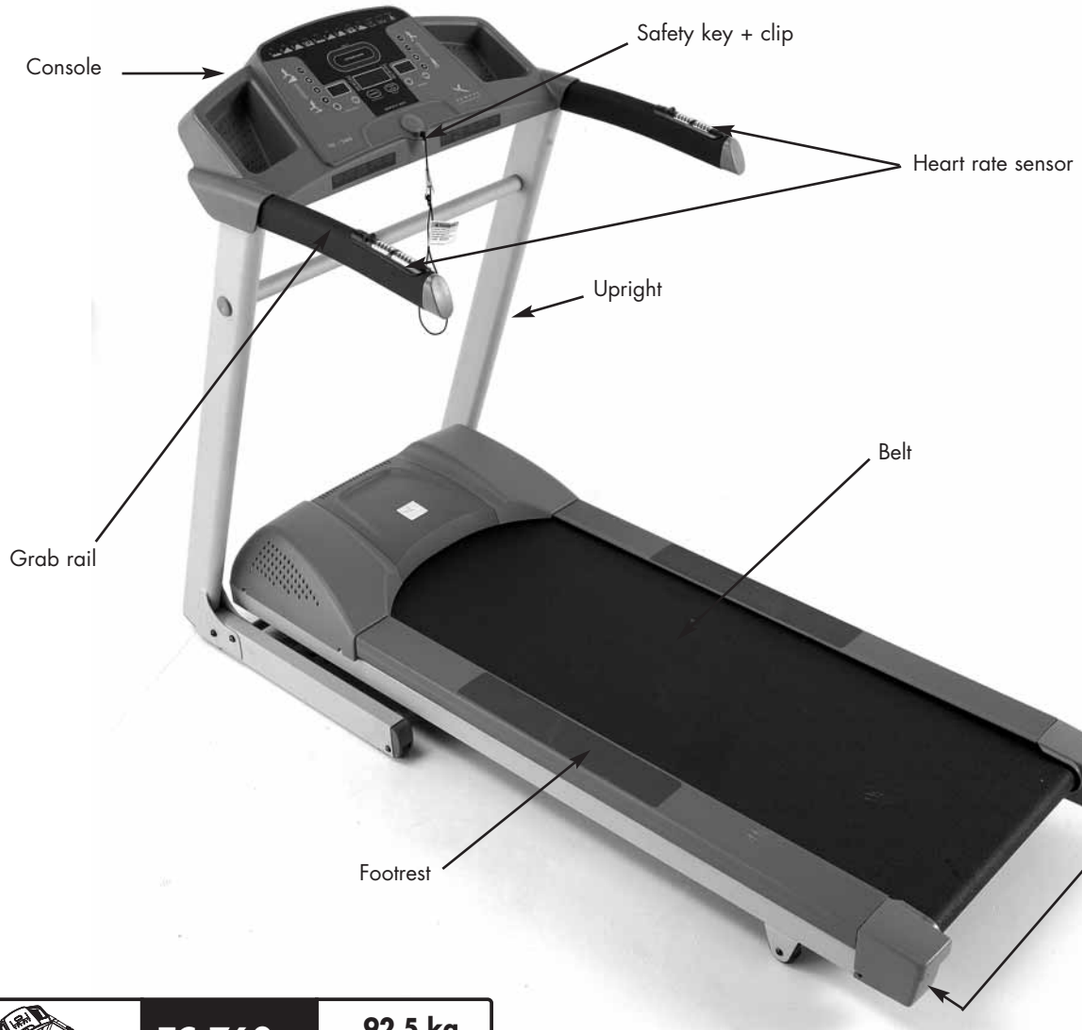


***x4***

# E N G L I S H

You have chosen a piece of fitness equipment by DOMYOS. We thank you for your confidence in us.
We have created the DOMYOS brand to provide a way for all athletes to train at home.
Our products are created by athletes for athletes.
We would like to receive your comments and suggestions concerning DOMYOS products.
Therefore, your store team and the DOMYOS product design departments are ready to listen.
If you would like to write us, you may send us an email at the address of the following site: www.decathlon.com choosing your country.
We wish you successful training and hope that you will enjoy using this DOMYOS product.



| TC 760 | 92,5 kg<br>203,9 lbs |
|---|---|
| 188 x 82 x 133 cm<br>74 x 33 x 52 inch | |

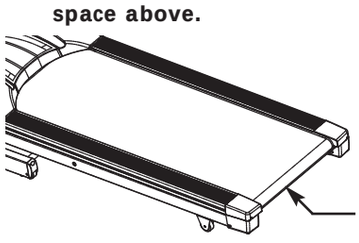
**CAUTION**

- Read all warnings affixed to the product
- Read all the warnings and instructions in this operating manual before using this machine.
- Retain this manual for future reference.

**Model No:** _____

**Serial no.** _____

**For future reference, please write the serial number in the space above.**

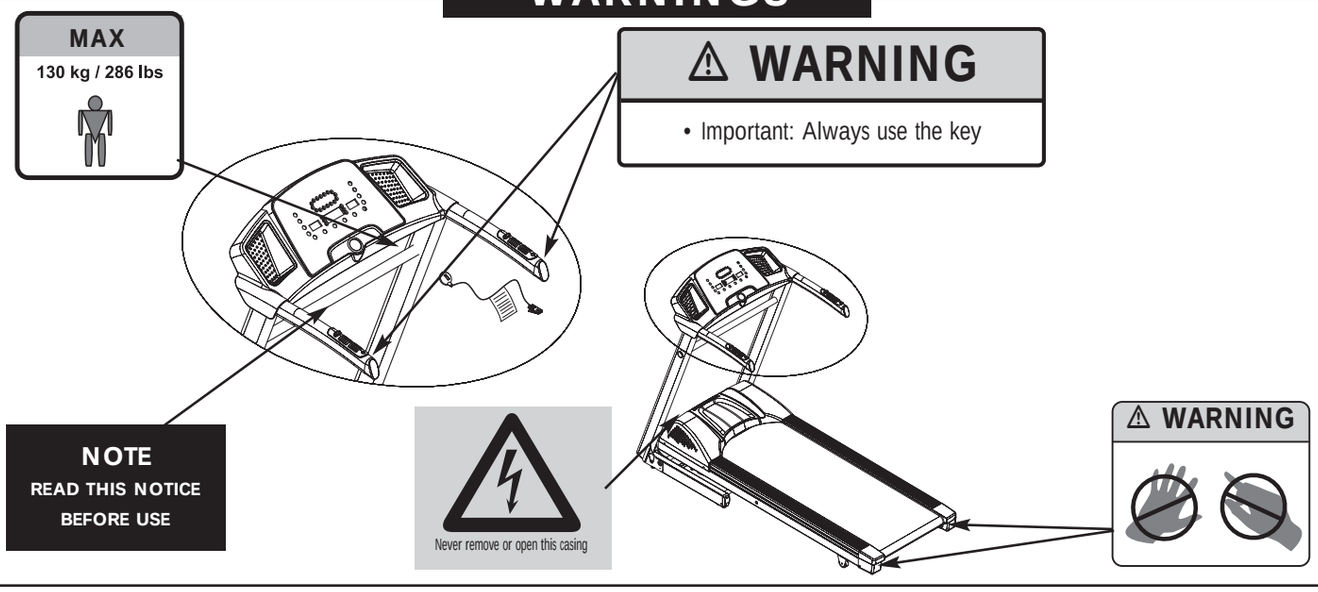



| | |
|---|---|
| Maximum speed | 18 km/h (11 mph) |
| Voltage | 220-240 Volts AC / 50 Hertz |
| Wattage | 1680 watts |
| Motor power output | 2 hp |
| Peak motor power | 4.5 hp |
| Product weight | 87 kg (192 lbs) |
| Boxed weight | 100 kg (220 lbs) |
| Dimensions in unfolded position | 188 x 82 x 133 cm (74 in x 32 in x 52 in) |
| Dimensions in folded position | 97 x 82 x 162 cm (38 in x 32 in x 64 in) |
| Box dimensions | 187 x 87 x 34 cm (74 in x 34 in x 13 in) |

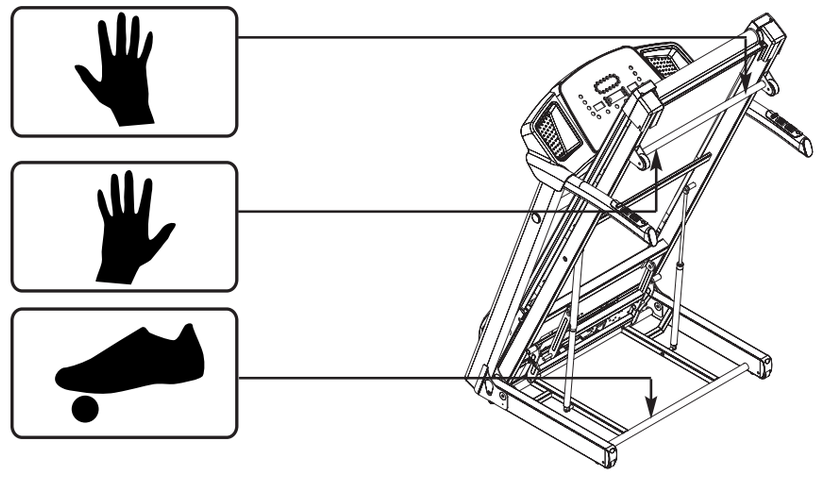
Level of sound pressure measured 1m from the surface of the machine and at a height of 1.60m above the ground: 75±5dB (maximum speed).

# E N G L I S H

## WARNINGS




## WARNINGS

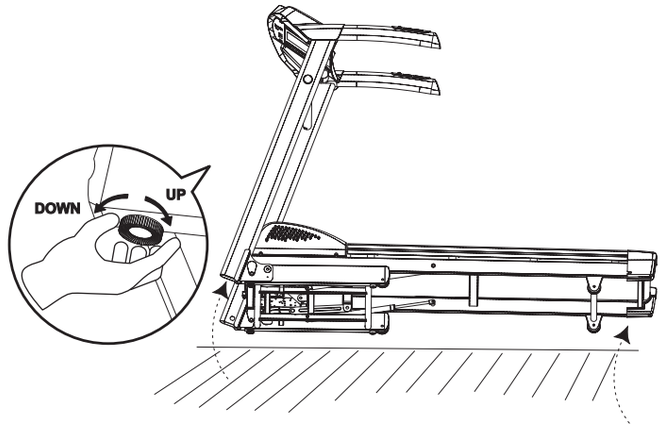


## HORIZONTAL ADJUSTMENT

To assure total stability of the machine on the floor, you can adjust the 2 screws located under the front of the frame.

1. Lift one side of the machine and turn the screw located under the front of the frame.
2. To tighten the screw, turn clockwise; to loosen it, turn counter-clockwise.

Every time the machine is moved, check the stability and make this adjustment if necessary.



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# SAFETY

**Warning: To reduce the risk of serious personal injury and product damage, read the following important instructions for safe use before using the product.**

1. Read all the instructions in this manual before using the product. Only use this product in the manner described in this manual. Keep this manual for the entire life of the product.
2. The owner is responsible for ensuring that all users of this product are properly informed about how to use this product safely.
3. Domyos disclaims all responsibility for personal injuries or property damage caused by improper use of this product by the purchaser or by any other person.
4. This machine complies with European standards (EN-957-1 and 6, class HB and standard CE) pertaining to fitness products in home and non-therapeutic use (equivalent to GB17498)

**ELECTRICAL HAZARDS**

5. Immediately following each use and before any cleaning, assembling, or maintenance, turn off the main switch and disconnect your treadmill from the power source.
6. Never leave the machine plugged in without supervision.
7. Never use this machine with a damaged cable or electrical plug, if it has tipped over, if it has been damaged, or if it has come into contact with water.
8. Do not use the machine in a place where aerosol products are used or where oxygen is being administered.
9. Never pull the machine by the electrical cord. Do not use the cord as a handle.
10. If you need to use an extension cord, only use one with a ground connection, with a maximum length of 1.5 m (4.92 ft)
11. Keep the electrical cord away from hot surfaces.
12. Warning: only plug the machine into an outlet that is properly grounded.
13. The treadmill must be connected to an electrical outlet on a 10-A system (amperes).
14. Your home's electrical installation must be in good condition and compliant with applicable standards.
15. Your home's fuse board must be fitted with a 30 mA ground fault circuit breaker. This device detects leaks of electricity and ensures the safety of persons.
16. In certain areas, installation of a lightning arrester on the fuse board is mandatory. Check whether the regulations in your region or country require a lightning arrester to be installed.

**Grounding instructions**

This product must be grounded. In case of malfunction or breakdown, the current is routed to the ground to reduce the risk of electrocution. This machine is also equipped with a cable that has a ground wire and plug. This plug must be connected to a properly installed electrical outlet and provided with a ground in accordance with current regulations. Improper connection between the plug and the machine's ground may cause a risk of electrocution. In case of doubt, have a qualified electrician verify that the product is properly grounded. Make no modifications to the plug supplied with your treadmill. If it does not match your electrical outlet, have a qualified electrician install a properly grounded outlet.

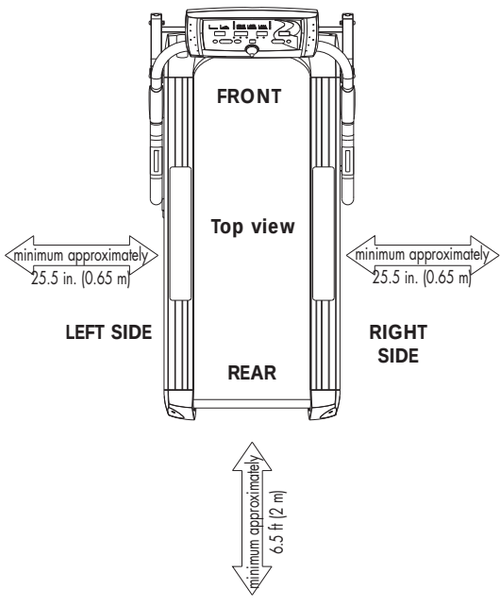
**DANGER:**

Before performing any maintenance or visual inspection, turn off the main switch and remove the electrical plug from the power outlet. Never remove the motor cover. Adjustment and handling other than as described in this manual must be carried out only by an authorized technician. Failure to observe this safety measure may lead to serious injury or death.

**PHYSICAL HAZARDS:**

17. The assembly of this machine must be performed by an adult (2 recommended).
18. Never introduce any object into any opening.
19. Keep your hands away from all moving parts. Never put your hands or feet underneath the treadmill.
20. This product is intended for domestic use only. Do not use this product in any commercial, rental, or institutional setting.
21. Use the product indoors on a level surface, away from moisture and dust and in a clear area. Be sure there is enough space for safe access to and passage around the machine. Leave a safety clearance of 2 m (6.6 ft) behind the treadmill and 0.65 m (2.13 ft) on each side. When using the machine, please ensure that the space around your machine always remains sufficiently unobstructed. Do not store or use the product outdoors.

*See the illustration below.*




22. Never let liquids spill on the treadmill. Tip: if you drink while running, use a sports bottle with a closeable top.
23. Never damage the cord.
24. It is the responsibility of the user to inspect and tighten all parts after assembly and before each use of the product. Do not let the adjustment mechanisms protrude. Immediately replace worn or defective parts.
25. Before each use, make sure that the treadmill is properly aligned and centered on the frame.
26. Check the tension of the belt after 2 hours of use, and then every 10 hours (see maintenance section).
27. Check the lubrication of the belt every 10 hours of use (see maintenance section).

**Comment: Failure to carry out regular and preventive maintenance may void the warranty.**

28. Do not try to repair or alter this product yourself.
29. If your product is damaged, return it to your Decathlon store and do not use it again until it has been completely repaired. Use only Decathlon replacement parts.
30. Do not store this product in a damp place (next to a pool, bathroom etc.).
31. Maximum user weight: 286 lbs. (130 kg).

# E N G L I S H

## USE

**Please read the following instructions carefully before using your treadmill.**

- Make sure there is adequate ventilation for the duration of your workout.
- Increase your speed gradually.
- Before beginning a workout, please make sure that the safety key clip is carefully fastened to your clothing and that the safety key is correctly attached in its place.
- Always begin by standing on the footrests, not on the belt. Before walking on the belt, wait until the speed of the belt is at least mile (1 km) per hour. Never start the treadmill at more than 1.8 miles (3 km) per hour.
- When finishing your workout, wait for the treadmill to stop completely before getting off.
- When using your treadmill, never hang a towel on the machine while it is running.
- Always use the rails and the handlebar when climbing onto or off the machine and when changing the incline or the speed.
- This treadmill is equipped with a safety key. Always attach the clip of the security key to your clothing so that it will detach completely from the console and stop the machine if necessary.
- Wear athletic or walking shoes with high-traction treads. To avoid damaging your machine, make sure that the soles are free of all debris, such as gravel and rocks.
- Put your hair up so that it does not get in the way during exercise.
- Do not wear loose clothing that may get in the way while you are exercising.
- To protect the floor, cover the area under the product with a protective mat, available from Decathlon stores.
- Never allow more than one person at a time on the running belt.
- Make sure your shoelaces pose no risk of getting caught on the moving belt
- Keep children and pets away from the product at all times.
- This product must never be used by animals (e.g. dog training etc.).
- Do not use this product if you have a PACE MAKER.
- Never run the motor when the treadmill is folded up.

***WARNING: If you feel dizziness, nausea, chest pain, or any other abnormal symptom, stop your exercise immediately and consult your doctor before continuing.***

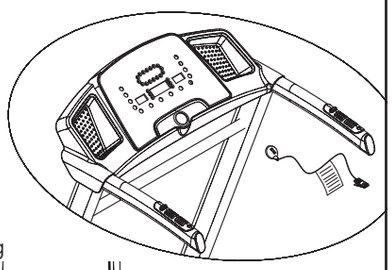
**Instructions for use**

- Immediately after assembly, let the treadmill run with no load for 20 minutes at 6 miles (10km) per hour so that all the components can settle in.
- To break the product in properly, do not exceed 6 miles (10 km) per hour for the first 2 hours of use.
- Always stretch your muscles before beginning your exercise program. Warm up gradually by walking slowly. Gradually increase the intensity of your workout until you reach your desired speed. Before ending a workout, gradually reduce your speed to an easy walk to allow your heart rate to return to normal.

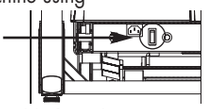
**Always do the following before ending a workout:**

1. Before ending your workout, allow time to slow down your pace and let your heart rate return to normal.
2. Grab the rails and push on the " - " speed button. Slow your pace to an easy walk (1/2 mph - 1km/h).
3. Before getting off the treadmill, make sure that the treadmill has come to a complete stop.

**At the end of each exercise session, always do the following:**



1. Remove the safety key from the console and store it out of the reach of children.
2. Always stop the machine using the main switch.



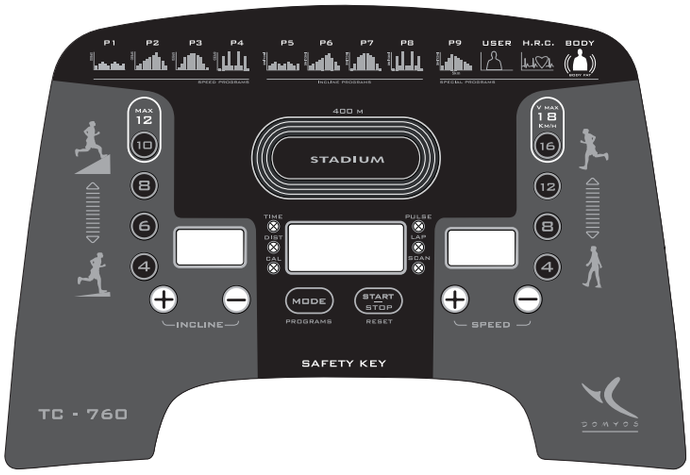
3. Unplug the electrical cable from the power source. This is especially important if you do not use your machine for an extended period of time.
4. Always place and store the electrical cable far away from areas where people walk.
5. Wipe all surfaces of your machine with a dry cloth or towel, especially to remove perspiration from the grab rails, the console, the belt and all other components of your machine.
6. When you put the treadmill away, check that the left piston is locked before moving or putting away the treadmill.
7. Do not try to lift, lower, or move the treadmill before it is assembled.

## CAUTION

Consult with your physician before beginning any exercise program. This is especially important for persons over 35 years of age or for those who have had previous health problems and who have not done any sports for several years.
Read all instructions before use.

# E N G L I S H

## THE CONSOLE




The TC760 offers 9 automatic preset programs (4 speed programs and 5 incline programs) as well as 1 program for your heart rate and 1 personal program.

With the exception of the personal and heart rate programs, you can select 3 different levels of difficulty per program.

You can directly access a preset speed and/or incline with the 8 vertical buttons marked "***SPEED***" and "***INCLINE***" plus a number.

The 4 buttons marked +/- increase and decrease the "***SPEED***" in increments of 0.1km/h and the "***INCLINE***" of the belt in increments of 1 segment of 1%.
The same adjustments can be made with the two adjusting buttons on the left and right grab rails, marked +/-.

The information is presented on 3 screens.

***Left***: Incline in 12 increments

***Middle***: Calories, Distance, Time, Pulse, 400 meter laps.

**Right**: Speed between 1 km/h and 18 Km/h

The safety key must be placed on the yellow area at the bottom center of the console.

## FUNCTIONING OF THE CONSOLE

### LEFT SCREEN

Constantly indicates the incline increment that can vary from 0 to 12 (e.g. from 0% to 12%).

### CENTRAL SCREEN DISPLAY

**"TIME"**: Duration of the workout.

**"DISTANCE":** Distance covered in kilometers

**"CALORIES":** Estimates of calories expended.*
Display 1 = 1 Cal.

**"PULSE":** Indication of your heart rate measured by the handlebar sensors or the chest belt provided with the product.*

** Important: this is only an estimate, which in no case should be considered a medical certainty.*

**"LAP":**
Indicates the number of laps around the stadium that you have completed.
One lap around the stadium is equivalent to a distance of 1/4 mile (400 m)

**"SCAN" :**
Automatic scroll through all the information displayed by the central screen.
**The counter's information is expressed as:**
TIME : 88 :88 (minutes)
DISTANCE : 88.88 (km or miles)
CAL: 8888
PULSE : 888 (battements par minute)
LAP : 8888
Use the "MODE" key to select the information you want to display.

### RIGHT SCREEN DISPLAY

**"SPEED":** Running speed expressed in kilometers per hour.
Displays the treadmill speed from 1km/h to 18km/h preset by the speed control button in increments of 0.1 km/h.

### BUTTONS

**"START/STOP" :**
1. To interrupt the workout, press on "STOP" once.
   To resume the workout, press "START."
2. To reset the workout to zero, hold the "STOP" button down for 3 seconds.

**"MODE" :**
1. To select the program and confirm a value selection.

**SPEED " + " and " - " :**
1. While setting the workout parameters, select a program or increase or reduce the duration of the workout.
2. During the workout:
**+** : increases the speed of the treadmill in increments of 0.1 km per hour.
**-** : reduces the speed of the treadmill in increments of 0.1 km per hour.

**INCLINE " + " and " - " :**
1. While setting the workout parameters, select a program or increase or reduce the duration of the workout.
2. During the workout:
**+** : increases the incline of the running surface in increments of 1°.
**-** : reduces the incline of the running surface in increments of 1°.

**STADIUM DISPLAY:**
Counts the number of laps (400 m or 1/4 mile) completed during the workout.
When all the red blinkers are on around the stadium, you have covered 400 m (1/4 mile).

# E N G L I S H

## FUNCTIONING OF THE TREADMILL

**SIMPLIFIED START:**

Attach the safety key to your clothing with the clip. This is mandatory to ensure your safety. As soon as this key is removed, the treadmill stops instantly.

After inserting the safety key, the easiest way to start your workout is to press on the "***START***" button. After a 3-second countdown the treadmill starts at a speed of 1 km/h in the ***MANUAL*** program.
Speed selection:
You can select the speed in three different ways

**1) "+/- SPEED" buttons on the console**; To set the speed, press on "**+/- SPEED**". Each time you press on this button you adjust the speed in increments of 0.1 km/h

**2) Speed button on the right handlebar**; the same function is obtained by pressing on the "+/-" button located on the right handlebar.

**3) "Direct access to speed functions" buttons**; these are the 4 vertical buttons marked with the preset speed values.

To choose the pre-selected speed, press the button that corresponds to the desired speed ***4Km/h, 8Km/h, 12Km/h or 16km/h***
You can then adjust the speed more precisely with the "SPEED +" and "-" buttons on the console or the right handlebar.

***Selecting the incline:***
Follow the same procedure as for adjusting the speed, using the "***+/- INCLINE buttons*** " on the console or the left handlebar.

"Direct access to incline functions" buttons:
These are the 4 vertical buttons marked with the pre-selected incline values.

To choose a pre-selected incline, press on the button corresponding to the selected incline increment ***4, 6, 8 or 10***

You can then adjust the incline with more precision using the "***INCLINE +/-*** " buttons on the console or the left handlebar.

## THE PROGRAMS

Each pre-selected program (P1 to P9) is made up of 10 segments with a set speed or incline. In these programs, only the time and intensity can be adjusted.
The "USER" program enables you to set each of the segments separately for the time, speed and incline.
The HRC program enables you to select the heart rate and a maximum speed not to be exceeded.

**Selecting the P1 to P9, USER and HRC programs:**
Turn the treadmill on and select a program with:

a) "***+/- SPEED***" on the console or +/- of the ***adjusting button on the right handlebar***
b) "***+/- INCLINE***" on the console or +/- of the ***adjusting button on the left handlebar***
The program selected is displayed on the central screen: ***P1 to P9, USER, HRC***
c) confirm your choice using "***MODE***".

***Setting programs P1-P9:***
You can then choose from three intensity levels per program "***L1 to L3***" (displayed on the central screen) using the same procedure and the same buttons as for selecting the programs.

Confirm your choice with "***MODE***"

***Selecting the duration of exercise:***
The last step before beginning your program-guided workout is to select the duration.
To do so, use the same procedure and the same buttons as for selecting the speed. In addition to the total time of the workout, you set the duration of each of its 10 segments.
For example: Total duration selected = 30 minutes, duration of each segment = 3 minutes.
Total duration selected = 60 minutes, duration of each segment = 6 minutes.
When you go from one segment to the next one, a beep sounds.

**MANUAL program:**
The MANUAL programme can be selected by pressing START after inserting the safety key.

The MANUAL programme gives you the option of setting a TIME objective.
To set your objective:
1. Press MODE
2. Set your race time using the "+/-" buttons (from 1 to 99 min).
3. Press START to start exercising. Your set objective will begin to count down as soon as you start exercising.
4. While exercising you can vary your speed and incline by pressing the "+/-" buttons.

**5 km "P9" program:**
This program has a predefined distance of 5 kilometers and a preset incline profile. It stops automatically when this distance is reached. This means that you cannot set the time or calories in P9. However, you can vary the distance to be covered from 1 to 10 km.

**"U1" USER program:**
a) Select the "***U1*** " user program in the same way as the other programs using the "+/" buttons and confirm with "***MODE***".

b) Next, enter the target time of the program using "+/-".

c) Enter the speed for each segment of the program, one after the other, with the "***+/- SPEED***" buttons, and then select the incline using the "***+/- INCLINE*** " buttons. Confirm the selection using "***MODE***" and go to the next segment, until all 10 segments of the program have been set.
You can now start your workout by pressing on "***START***".

# E N G L I S H

d) To make changes to your USER "***U1***" program, select it as explained in point a) and choose the segment(s) to be changed using "***MODE***". Change the values using + /- and confirm using "***MODE***". Start your training session by pressing "***START***"

## HRC CARDIO TRAINING program (Heart Rate Controlled):

a) Select the " ***HRC***" program as described above and confirm by pressing on "***MODE***".

b) Enter your age with the "+/-" buttons followed by the MODE button. The right screen of the console will indicate a value corresponding to 60% of the maximum heart rate* for the selected age.

* Important: this is only an estimate, which must under no circumstances be taken as a medical certainty. Please consult a cardiologist to obtain your personal data!
c) This step enables you to select the heart rate of your choice. Select it using the "+/-" buttons and then validate using "***MODE***"

d) Now, you can enter the maximum speed that you do not want to exceed, using "+/-" and pressing on "***MODE***" to go on to the next setting step. The treadmill will never go higher than this speed, even when your current heart rate is below the target value selected in step c).

e) The last setting step is to enter the exercise time you want, using "+/-" and confirming with "***MODE*** " followed by "***START***" to begin your training session.

***Please note:***
When the "***HRC*** " program begins, there is always a warm-up phase that lasts 3 minutes, at 3 km/h (2 mph) and with a 5-increment incline.
Your heart rate will not be monitored until this phase has been completed!
Your heart rate is measured every 5 to 10 seconds. If it is below the target heart rate, the treadmill will increase the speed by 0.2 km/h each time it measures your heart rate. When the speed has increased by 1 km/h, the program will add an extra incline increment in order to help you reach your target heart rate.

If your heart rate exceeds its target value, the speed will decrease by 0.4 km/h per measurement. The incline will also decrease by one increment every 2 km/h.

If the console does not receive a heart rate signal for 30 seconds, the treadmill stops automatically.
We advise you to use the heart rate belt to ensure a reliable flow of information between your heart and the treadmill's console

## HEART RATE MONITOR BELT

**1. Parts and components**

Emitter

Flexible belt

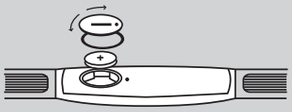
Lithium battery CR2032, 3V

Waterproof seal

Battery compartment lid

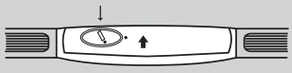
**2. Inserting the battery**

• Insert the supplied CR2032 battery as illustrated below.



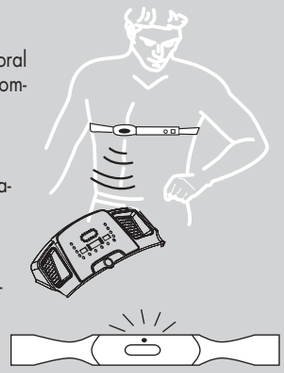
• First, insert the battery with the + pole towards the top.

• Place the seal and then the lid, with the two small dots aligned. Tighten with a coin.



**Important!**
Make sure that the lid is tightly closed (around 1/2 turn) to prevent perspiration or water from entering.

**3. Using the belt**



• Before placing the emitter on your chest, moisten the two electrodes with water or a water-based gel to ensure optimal transmission of the signal.

• Center the heart rate monitor belt on your chest or pectoral muscles, directly above your sternum, with the battery compartment lid facing inwards.

• Adjust the belt so that the emitter always stays in close contact with your skin. Do not overtighten, to avoid breathing difficulties.

• If the heart-rate monitor belt is loose or positioned incorrectly, you may get an erroneous or irregular reading. You can check if the emitter is working properly and if it is positioned correctly by looking at the flashing red indicator. This light should flash regularly.

## CALCULATING YOUR BODY MASS INDEX

You can calculate your body mass index and use it to assess your fitness and its changes over time.

a) Select the ***"body"*** function in the same way as the other programmes, using the "+/-" buttons and confirming by pressing ***"MODE"***.

b) Enter your height (130-240cm) using the ***"+/-"*** buttons and confirming by pressing ***"MODE"***.

c) Enter your weight (23-180kg) using the ***"+/-"*** buttons and confirming by pressing ***"MODE"*** to start the calculation.

| Classification | Body mass index |
|---|---|
| Slim | < 18,5 |
| Normal | 18.5 - 24.9 |
| Overweight | 25 – 29.9 |
| Obese | ≥ 30 |

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**PAUSE FUNCTION:**
At any time, you can PAUSE the treadmill by pressing ONCE on "STOP". It will restart with the same program settings as when it stopped, when you press "START".

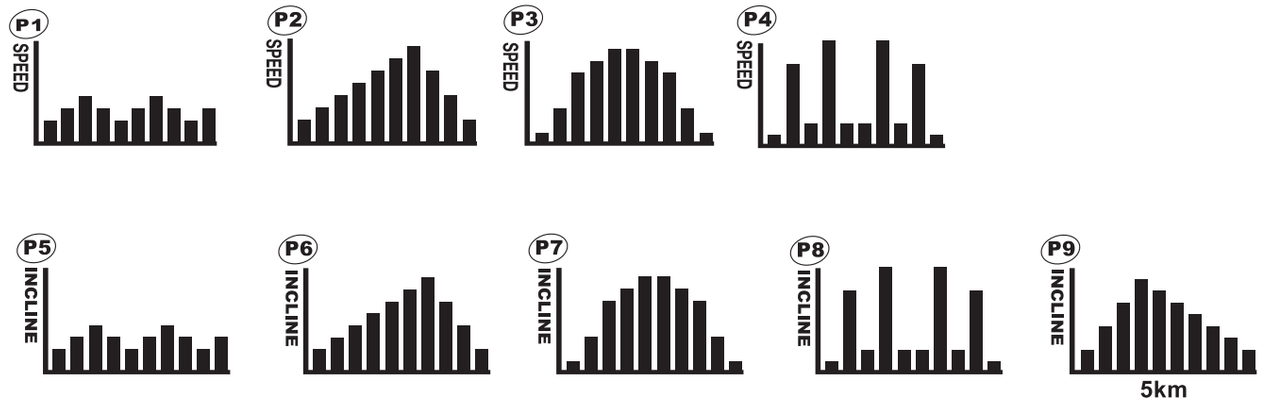
**RESET FUNCTION:**
Pressing for a long time on "RESET" clears the console to 0.
***Stopping:*** The console stops automatically when there is no activity on the treadmill for 1 minutes.

## INFORMATION CONCERNING THE PRESET PROGRAMS

The following information is general in nature and must be considered for reference only. Thus, please adapt these recommendations to your personal needs for getting into shape and enjoyment.

The treadmill has five preset training programs in its memory. When you use a program the treadmill automatically varies the speed.

| | Speed program | | | | | | | | | | | | Incline program | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Programs** | P1 | | | P2 | | | P3 | | | P4 | | | P5 | | | P6 | | | P7 | | | P8 | | | P9(5km) | | |
| **Intensity level** | L1 | L2 | L3 | L1 | L2 | L3 | L1 | L2 | L3 | L1 | L2 | L3 | L1 | L2 | L3 | L1 | L2 | L3 | L1 | L2 | L3 | L1 | L2 | L3 | L1 | L2 | L3 |
| **Segment 1** | 2 | 4 | 6 | 3 | 5 | 8 | 2 | 4 | 6 | 1 | 4 | 6 | 2 | 3 | 4 | 2 | 3 | 4 | 1 | 2 | 3 | 1 | 2 | 3 | 2 | 3 | 4 |
| **Segment 2** | 3 | 5 | 7 | 4 | 6 | 9 | 4 | 6 | 8 | 7 | 10 | 12 | 3 | 4 | 5 | 3 | 4 | 5 | 3 | 4 | 5 | 7 | 8 | 9 | 4 | 5 | 6 |
| **Segment 3** | 4 | 6 | 8 | 5 | 7 | 10 | 7 | 9 | 11 | 2 | 5 | 7 | 4 | 5 | 6 | 4 | 5 | 6 | 6 | 7 | 8 | 2 | 2 | 2 | 6 | 7 | 8 |
| **Segment 4** | 3 | 5 | 7 | 6 | 8 | 11 | 8 | 10 | 12 | 9 | 12 | 14 | 3 | 4 | 5 | 5 | 6 | 7 | 7 | 8 | 9 | 9 | 10 | 11 | 8 | 9 | 10 |
| **Segment 5** | 2 | 4 | 6 | 7 | 9 | 12 | 9 | 11 | 13 | 2 | 5 | 7 | 2 | 3 | 4 | 6 | 7 | 8 | 8 | 9 | 10 | 2 | 3 | 4 | 7 | 8 | 9 |
| **Segment 6** | 3 | 5 | 7 | 8 | 10 | 13 | 9 | 11 | 13 | 2 | 5 | 7 | 3 | 4 | 5 | 7 | 8 | 9 | 8 | 9 | 10 | 2 | 3 | 4 | 6 | 7 | 8 |
| **Segment 7** | 4 | 6 | 8 | 9 | 11 | 14 | 8 | 10 | 12 | 9 | 12 | 14 | 4 | 5 | 6 | 8 | 9 | 10 | 7 | 8 | 9 | 9 | 10 | 11 | 5 | 6 | 7 |
| **Segment 8** | 3 | 5 | 7 | 7 | 9 | 12 | 7 | 9 | 11 | 2 | 5 | 7 | 3 | 4 | 5 | 6 | 7 | 8 | 6 | 7 | 8 | 2 | 2 | 2 | 4 | 5 | 6 |
| **Segment 9** | 2 | 4 | 6 | 5 | 7 | 10 | 4 | 6 | 8 | 7 | 10 | 12 | 2 | 3 | 4 | 4 | 5 | 6 | 3 | 4 | 5 | 7 | 8 | 9 | 3 | 4 | 5 |
| **Segment 10** | 3 | 5 | 7 | 3 | 5 | 8 | 2 | 4 | 6 | 1 | 4 | 6 | 3 | 4 | 5 | 2 | 3 | 4 | 1 | 2 | 3 | 1 | 2 | 3 | 2 | 3 | 4 |




**Program P1 and P5:**
**CARDIOTRAINING**

**Program P2 and P6:**
**WEIGHT LOSS**

**Program P3 and P7:**
**WEIGHT LOSS**

**Program P4 and P8:**
**INTERMITTENT**

**Program P9:**
**CARDIOTRAINING**

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## CARDIO-TRAINING

Cardio-training is aerobic exercise (muscle development in the presence of oxygen) and helps you improve your cardiovascular capacity. More specifically, you improve the tone of your heart muscle and blood vessels. Cardio-training brings the oxygen from the air you breathe to your muscles. Your heart sends this oxygen throughout your body, especially to the muscles you are working on.

## GENERAL CARDIO-TRAINING PRINCIPLE

If you are just starting out, begin by exercising for several days at a low resistance without forcing it, taking breaks if necessary. Gradually increase the number or duration of the sessions.

**Maintenance / Warm-up: Gradual effort starting with 10 minutes.**
For maintenance work to stay in shape or get back into shape, you can train every day for about ten minutes. This type of exercise will stimulate your muscles and joints, or it can be used as a warm-up before physical activity.
To increase muscle tone in the legs, choose a greater resistance and increase the duration of the exercise.
Obviously, you can vary the resistance over the course of your workout.

**Aerobic exercise for getting into shape: Moderate effort for a relatively long time (35 minutes to 1 hour).**
If you wish to lose weight, this type of exercise, combined with a diet, is the only way to increase the amount of energy your body consumes. To do so, there is no need to push yourself beyond these limits. Training on a regular basis is what will produce the best results.
Choose a relatively low resistance and perform the exercise at your own pace, but for a minimum of 30 minutes. This exercise should cause light perspiration to appear on the skin, but should not in any case leave you out of breath. It is the duration of the exercise, at a slow pace, that will require your body to draw energy from your fat stores, as long as you run for more than about thirty minutes a minimum of three times per week.

**Aerobic training for endurance: sustained effort for 20 to 40 minutes.**
This type of training aims to strengthen the heart muscles significantly and improve respiratory functioning.
Resistance is increased to increase breathing during the exercise. This type of exercise is more sustained than when you are working out to get into shape.
Little by little, as you train, you will be able to maintain this effort for a longer time, at a faster rhythm or with a greater resistance.
You can train a minimum of three times per week for this type of training.
More intense workouts (anaerobic work and red-zone work) are reserved for athletes and require specific preparation.
After each workout, set aside several minutes to walk at a slower speed and lower resistance to warm down and slow your body down gradually.

## PHASES OF PHYSICAL ACTIVITY

### A Warm-up phase: progressive effort

The warm-up is the preparatory phase for exercise and gets your body FULLY READY to start working out. It is a way to PREVENT INJURIES TO TENDONS AND MUSCLES. It involves two steps: WAKING UP THE MUSCULAR SYSTEM, AND OVERALL WARM-UP.

1) You wake up your muscles with a SERIES OF SPECIFIC STRETCHES that PREPARE YOU FOR EXERCISE: every muscle group is used, and the joints are stimulated.
2) The overall warm-up makes it possible to put the cardiovascular and respiratory system into action progressively, for a better blood supply to the muscles and better preparation for the effort. It should be long enough: 10 minutes for a recreational sport, and 20 minutes for a competitive sport. Note that the warm-up should be longer for people age 55 and older, and in the morning.

### B Workout

The workout is the main phase of your physical activity. By working out on a REGULAR basis, you can improve your physical fitness.
- Anaerobic work for developing endurance.
- Aerobic work for developing cardio-pulmonary strength.

### C Warming down

This corresponds to low-level activity; it is the progressive "resting" phase. WARMING DOWN brings your cardiovascular, respiratory and circulatory systems and your muscles back to normal functioning (thereby preventing undesirable side effects such as lactic acid, the accumulation of which is one of the major causes of muscle pain namely, cramps and stiffness).

### D Stretching

Stretching must follow the warm-down phase, while your joints are still warm, in order to reduce the risk of injury. Stretching after exertion: minimizes MUSCLE STIFFNESS due to the accumulation of LACTIC ACID, and stimulates BLOOD CIRCULATION.

# CARE AND MAINTENANCE

## BELT ALIGNMENT

It is important to be sure that the belt is always perfectly centered. Your running style and a surface that is not level may move the belt off center. If this occurs, slight adjustment of the two screws at the rear of the machine is necessary.

1. Press the "START" button to turn on the treadmill; then increase the speed to 3 mph (5 km/h)
2. Stand at the rear of the machine to check the misalignment of the belt.
3. If the belt strays toward the left, turn the left adjusting screw clockwise a quarter-turn and the right adjusting screw counter-clockwise a quarter-turn
4. If the belt strays toward the right, turn the right adjusting screw clockwise a quarter-turn and the left adjusting screw counter-clockwise a quarter-turn
5. Watch the alignment of the belt for about two minutes and repeat steps 3, 4, and 5 if necessary.

***Fig. A***

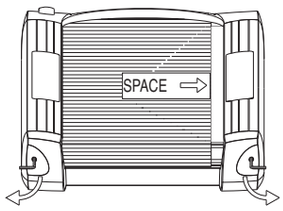
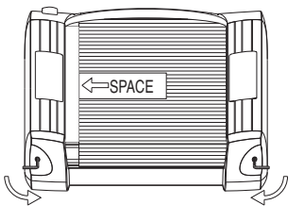



***Fig. B***



## ADJUSTING BELT TENSION

You need to adjust the belt tension any time it begins to slip on the rollers. This operation increases the life of the components of your machine.

Check the tension of the belt after 2 hours of use, and then every 10 hours

**When adjusting the belt tension, keep the belt as loose as possible.**

1. Press the "START" button to start the treadmill; then increase the speed to 3 mph (5 km/h).
2. Turn the two adjusting screws clockwise equally, about a quarter-turn.
3. Slow down the belt as you hold onto the handlebar and apply more weight than when you are walking (as if you were walking downhill). If you slow down the belt too quickly it may slip.
4. If the belt slips, tighten the adjusting screw a quarter-turn clockwise, and if necessary repeat steps 2 and 3.

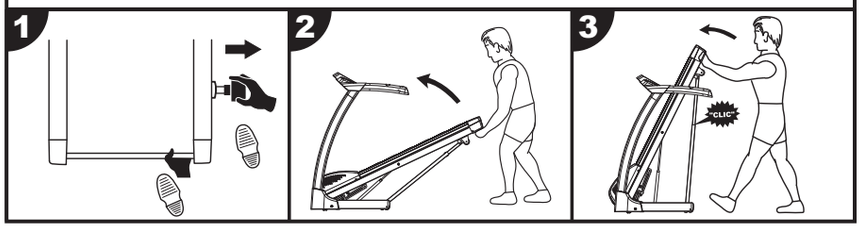
**Always make sure not to over-tighten the belt.**

## CLEANING

Before cleaning, make sure the machine is turned off and unplugged.
To remove dust from the machine, use a vacuum cleaner and carefully clean all visible components.
To remove a film of dirt, use a small damp rag.
Never immerse any component of the machine in any liquid.

## FOLDING/UNFOLDING

### FOLDING




### UNFOLDING

**HE TREADMILL SHOULD BE SWITCHED OFF AND UNPLUGGED WHEN IT IS BEING FOLDED AND UNFOLDED.**

**Folding the treadmill:**

**Image 1:** Stand at the rear of the treadmill with your feet on the ground. Your left foot should be behind the running belt and your right foot should be to the right of the running belt. Place your left hand under the running belt and with your right hand pull the wheel to release it. The wheel is situated to the right of the belt. Start to lift the treadmill by a few centimetres keeping the wheel pulled out. Keep your legs bent and your back straight.

**Image 2:** Keeping your legs bent and your back straight, place both hands under the running belt and lift the treadmill.

**Image 3:**

The treadmill will lock into a vertical position once you have heard the "click" of the lock. If the treadmill does not lock, lower it by a few centimetres then start the stage again with your legs bent and your back straight.

**Unfolding the treadmill:**

**Image 1:** With your left hand, gently push forward against the treadmill, and whilst maintaining this pressure use your right hand to release the wheel.

**Image 2:** Place both hands under the running belt; now the treadmill can be unfolded. You can support the treadmill whilst it is lowering, not forgetting to keep your legs bent and your back straight.

# CARE AND MAINTENANCE

## MOVING

Caution - this product is heavy (>87 kg, or 192 lbs). Before attempting to move it, make sure that you are big and strong enough to do so!
The treadmill features wheels for easy moving.

Before moving the machine, make sure that the main switch is in the "0" position, and that the plug is removed from the power source.
Lift the frame of the treadmill and move it to the desired location.

Before moving the treadmill or putting it away, make sure that the left piston is locked.

Pivot the treadmill toward the front to position it on the wheels.

When moving the treadmill, be careful not to damage the electrical cord connected to the treadmill. We advise you to wind it around a side upright so that it is above the product when you are moving the treadmill. When you have the treadmill where you want it, block it with your foot and lower the belt until it is in full contact with the floor.

Note: after every time the product is moved, it is advisable to adjust it horizontally before using it again.

## LUBRICATING THE TREADMILL

Turn the treadmill off using the main switch, and remove the plug from the socket.
Lift the machine with care to put it in a vertical position.

### Cleaning:

With your hands, separate the belt from the platform (see diagram on side) and wipe with a dry cloth to clean the inside of the running belt, advancing it manually. In this way, the whole surface will get clean.

### Lubrication:

With your hands, separate the running belt from the belt platform (see diagram on side). Spray a light coating of silicone onto the belt while advancing it manually until the whole surface is completely covered.

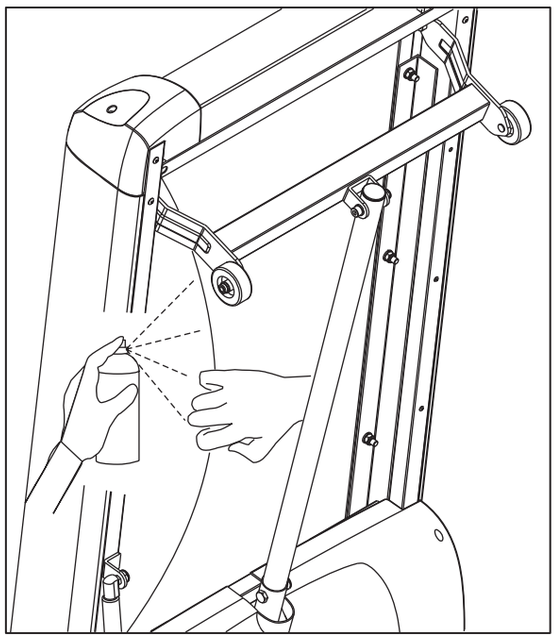
Lubricating the treadmill one time requires 5 to 10 ml of silicone. Using too much silicone would cause the product to malfunction.

***Important:***
Do not apply the silicone to the running surface.
If the silicone drips over the sides of the treadmill, wipe it off to avoid slipping.
Keep this product away from eyes and mouth, as it is toxic.
Check the lubrication of the belt every 10 hours of use.

***Note:***
One container of silicone is supplied with the product. For subsequent purchases, go to a silicone spray supplier or contact a Decathlon store.

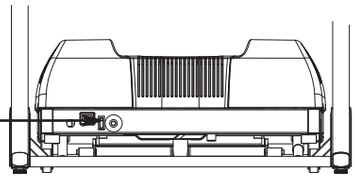
After spraying the lubricator on, put the treadmill in a horizontal position and let it run for a few minutes. If the silicone is dripping over the sides of the treadmill, wipe it off to avoid slipping.
If the edges of the running belt are damaged, check its alignment before using it again (see page 20).
If the seams tear, stop using the machine and contact your Decathlon store.

***Note:***
For the appropriate silicone fluid, please contact your Decathlon store



## TROUBLESHOOTING AND ERROR CODES

**PROBLEM: The product is not turning on**



1 - Make sure that the main switch on your treadmill is in position 1.
2 - Verify that the electric cord is plugged in at both ends (treadmill and power outlet).
3 - Make sure that the power supply is working properly (set up a lamp).
4 - Check and press on the circuit breaker of the treadmill to see if it has tripped
5 - If everything is OK and the problem persists, please contact the store.

**PROBLEM: The product turns on but the running belt is not moving**

1 - Make sure that the safety key is properly attached to its spot on the console.
2 - Are you pressing on the "START" button to begin?
3 - If everything is OK and the problem persists, please contact the store.

**PROBLEM: The speed of the running belt is not constant**

1 - If you are using an extension cord, remove it and try again.
2 - Verify that the electric cord is plugged in at both ends (treadmill and power outlet)
3 - Make sure that the tread surface is neither too tight nor too loose (see manual, page 33)
4 - Check if the running belt is still lubricated (see manual page 34)
5 - If everything is OK and the problem persists, please contact the store.

**PROBLEM: The product is making noise**

1 - Verify that the inside of the belt is very clean (see manual page 33)
2 - Verify that the belt is properly tightened (see manual page 33)
3 - Verify that the inside of the belt is very clean (see manual page 34)
4 - If everything is OK and the problem persists, please contact the store.

**PROBLEM: The product is displaying E1**

1. When E1 appears on the console, remove the safety key and reinsert it in order to restart the running belt.
2. If the E1 error code is still displayed, turn the product off and unplug it for 30 seconds, then plug it back in and turn it back on.
3. If the E1 error code is still displayed after resetting, check all the electrical connections (electric cord and socket + electric cord + treadmill). If all the connections appear to be correct and the E1 error code is still displayed, contact the store.

**PROBLEM: The product is displaying E4**

During the BODY MASS program, the heartbeat was undetectable for 25 continuous seconds.
Remove the safety key and reinsert it, then start the BODY MASS program again.

If the E4 error code is still displayed, check in the section about how to use the heart rate monitor properly.

If the E4 error code is still displayed, contact the store.

**PROBLEM: The product is displaying E6/E7**

1. Remove the safety key and reinsert it in order to restart the running belt.
2. If the E6/E7 error code is still displayed, turn the product off and unplug it for 30 seconds, then plug it back in and turn it back on.
3. If the E6/E7 error code is still displayed, follow the above-mentioned procedure to reset the incline values;

When the incline is set in a position lower than the middle incline position: press simultaneously on the mode button and the **+** button of the incline function. The product will rise. Stop pressing on the buttons when the middle incline position has been passed.

When the incline is set in a position higher than the middle incline position: press simultaneously and continuously on the mode button and on the **-** button of the incline function. The product will go down. Stop pressing on the buttons when the incline is below the middle incline position.

***Note*** : If the incline of the product does not change when you press simultaneously on the abovementioned buttons, contact the store.

Finally, turn the product off and unplug it for 30 seconds, then plug it back in and turn it back on. The E6/E7 message should disappear.

4. If the E6/E7 error code is still displayed, contact the store.

## SOLVING PROBLEMS WITH THE HEART RATE MONITOR

Make sure there are no sources of interference in the place where you exercise, such as fluorescent lighting, computers or devices equipped with a powerful motor. In fact, these things are capable of causing irregular heart rate readings.

### PULSE SENSOR ON GRAB RAIL

You may get an irregular reading in the following cases:

- You are holding the heart rate detection sensors too tightly. Try to use a looser grip.
- Deep breathing during exercise.
- Rings are constricting your fingers.
- You have dry or cold hands. Try to moisten the palms of your hands by rubbing them together to warm them up.
- For any person suffering from a strong heart arrhythmia.
- For any person suffering from atherosclerosis or from peripheral circulatory problems.
- For any person who has especially thick skin on the palms where the heart rate is monitored.

### HEART RATE MONITOR BELT

**PROBLEM: No heart rate reading**

I- If you are using the heart rate belt, it may be that the contact between the electrodes and the skin is too weak. Remoisten the electrodes with water.
- The heart rate belt is not positioned correctly. Reposition the heart rate belt. You may need to try different positions of the heart rate belt.
- Verify that the distance between the heart rate belt and the console is no greater than the recommended distance (about 1 yard or 1 meter).

It may be that the battery in the heart rate belt is depleted. Go to your Decathlon store or a jeweler to have the battery replaced.

**PROBLEM: Irregular or illogical reading.**

- Dry or improperly attached electrodes are often behind the problem. In fact, in order to function perfectly, the rubber electrodes must be moist. Try moistening them more and re-tighten the chest belt.

If the troubleshooting guide above does not solve the problem with the product, stop using the product and cut off the electrical supply.

Contact a Decathlon store for assistance.

## WARRANTY

DOMYOS guarantees this product under normal conditions of use for 5 years for the structure and, for wearing parts and workmanship, 2 years from the date of purchase, as indicated by the date on the receipt. This warranty only applies to the initial purchaser.

The obligation of DOMYOS with regard to this warranty is limited to the replacement or repair of the product, at the discretion of DOMYOS.

All products for which the warranty is applicable must be returned to DOMYOS at one of its approved facilities (a DECATHLON store) transport prepaid, accompanied by adequate proof of purchase.

This warranty does not apply to cases of:
- Damage caused during shipping
- Improper or abnormal use
- Incorrect assembly
- Poor maintenance
- Repairs made by technicians not approved by DOMYOS
- Use of the product in question for commercial purposes

This warranty does not exclude any legal guarantees applicable according to country and/or province

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